



Cruse  
Bereavement  
Care

## **Has someone died?**

support

advice

education

information

counselling

## Has someone died?

Has someone you love died? Does someone you know need your support and understanding because they are coping with the death of someone close? Then this leaflet is for you. It is about what happens when we are affected by a death and it's about things that others can do to help.

## When someone dies

How you respond to a death or a bereaved person will be very individual and personal. These are some of the things people often say when someone dies. They may help you to feel that you are not completely alone, or to understand what someone you know is going through.

### *'I can't believe it'*

it may take you a long time to grasp what has happened. Some people carry on as if nothing has happened. It is hard to believe that someone important is not coming back

### *'I feel nothing'*

the shock can make you numb, you may feel you're in a different world

### *'Why did it have to happen?'*

death can seem cruel and unfair, especially when you feel someone has died before their time or when you had plans for the future together

### *'I feel such pain'*

physical and mental pain can feel completely overwhelming and very frightening

*'I go over it again and again'*

you can't stop thinking about the events leading up to the death

*'If only'*

you may feel guilty about things you said or did or that you didn't say or do

*'I feel so depressed, life has no meaning, I can't go on'*

many people say there are times after a death when they feel there is nothing worth living for and they feel like ending it all

*'I hear and see her, what is wrong with me?'*

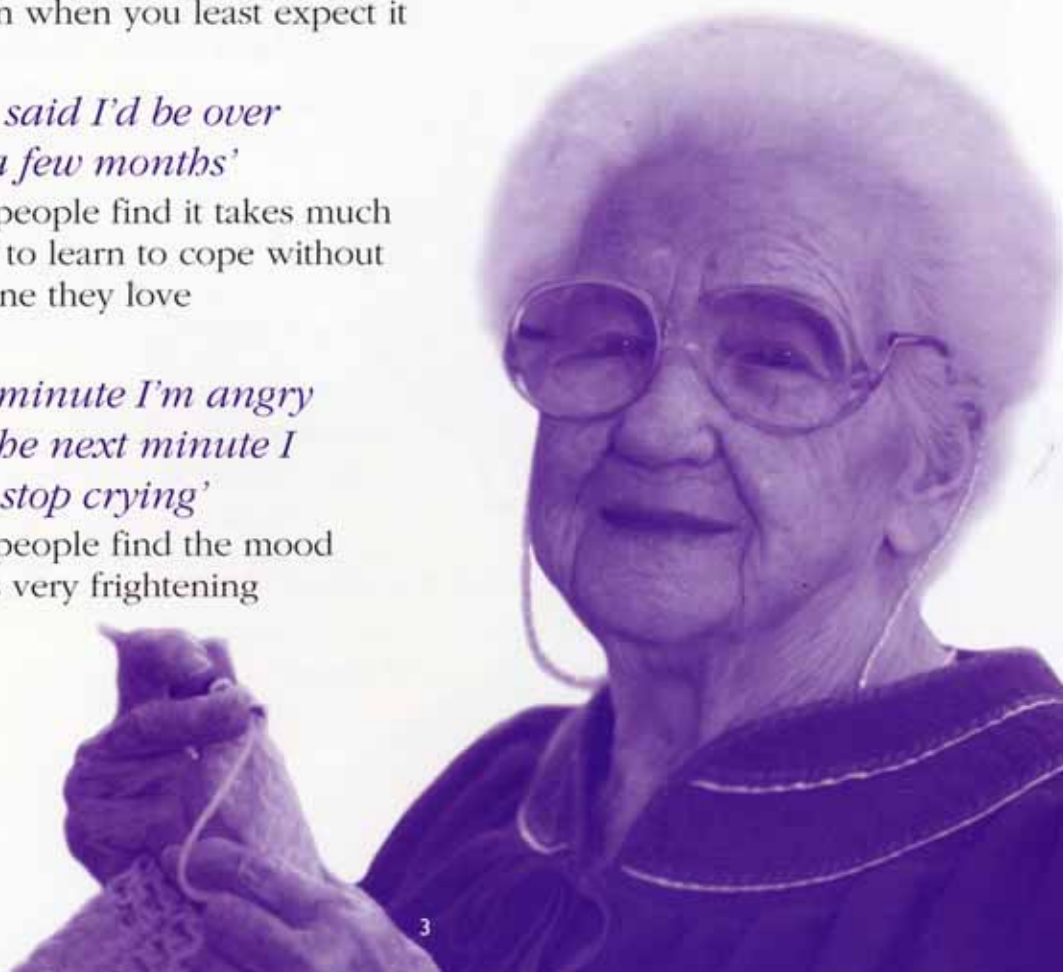
thinking you are hearing or seeing someone who has died is a common experience and can happen when you least expect it

*'They said I'd be over it in a few months'*

many people find it takes much longer to learn to cope without someone they love

*'One minute I'm angry and the next minute I can't stop crying'*

many people find the mood swings very frightening

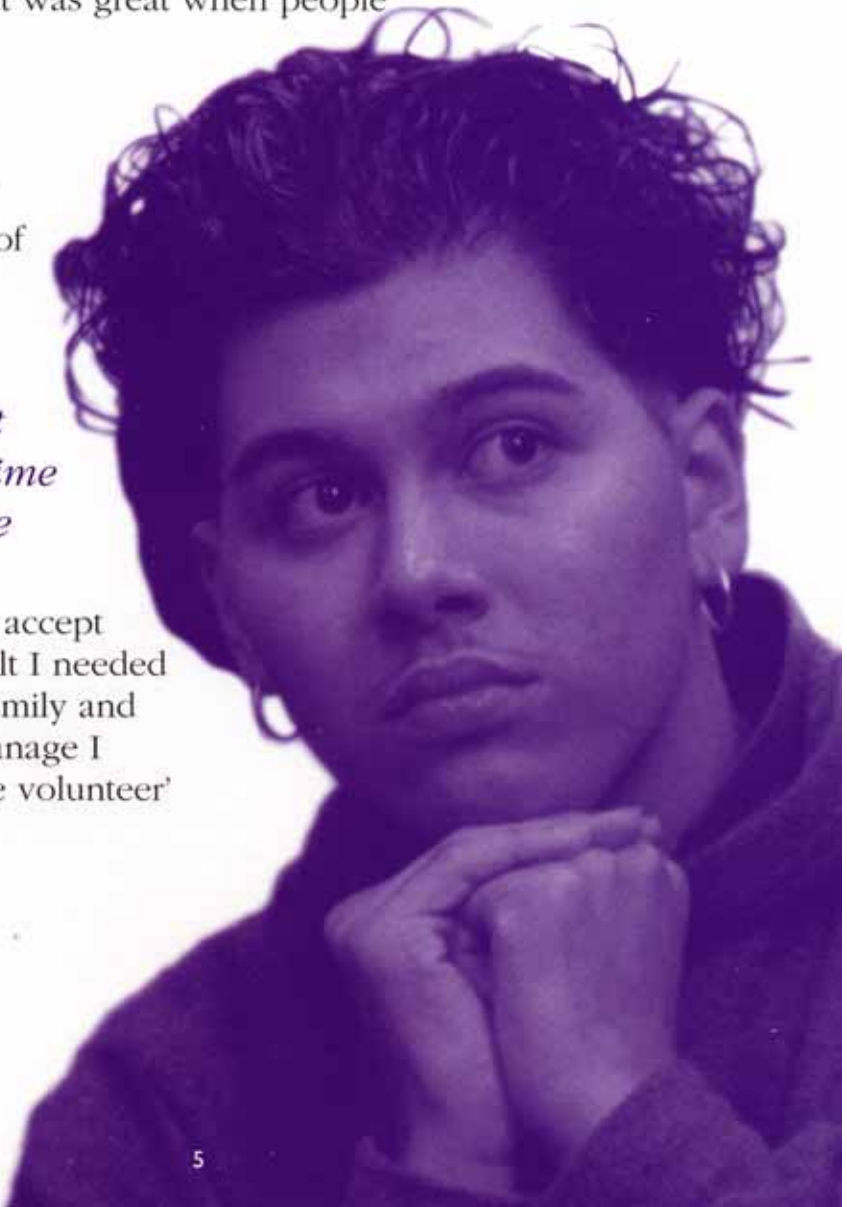


## What can help?

These are some of the things that people tell Cruse they find helpful - you may have other ideas which will be based on what you know of yourself or about someone you are trying to help. If you are helping don't be afraid of saying the wrong thing. We can all help someone cope with the pain and help them feel they are not alone. If you are bereaved some of these ideas may be of help to you:

- *'I appreciated the letters people wrote, knowing they were thinking about me and Susan, who died'*
- *'I wanted to talk over and over again. I talked to my family, to my friends, anyone who would listen. I wanted them to understand how I was feeling, I wanted them to help me remember'*
- *'I wanted people to say they knew what had happened, not avoid it or pretend they didn't know'*
- *'I needed someone to tell me what to do about the funeral, how to organise a memorial service and what money I could claim'*

- *'I wanted time off work,*  
only a couple of days at the beginning, but his birthday and  
our anniversary were really hard and my boss let me have  
extra days off'
- *'Sometimes I needed to be busy*  
but other times it was great when people  
offered to help'
- *'I kept some  
special things*  
that remind me of  
good times we  
spent together'
- *'I realised that  
this was one time  
I couldn't cope  
on my own*  
and I learned to accept  
help. When I felt I needed  
more than my family and  
friends could manage I  
talked to a Cruse volunteer'



## How Cruse can help

Anyone can contact Cruse if they want to talk about themselves or someone they know who has been affected by a death. Cruse can provide:

- *someone to talk to*  
the opportunity to talk, in confidence, once or many times, with a trained volunteer
- *groups*  
which offer bereaved people the chance to talk with others in similar circumstances
- *information*  
on many aspects of bereavement, including practical and financial matters
- *advice about children and young people*  
Cruse can support parents and others who want to know how best to respond to children and teenagers who've been affected by a death. Some areas have specially trained children's counsellors. Cruse also has books for and about bereaved children and teenagers (see return slip attached) and can provide information about other organisations which can also help
- *training*  
support, information and publications for anyone interested in the best way to help others as well as themselves



## Some more about Cruse

- *Does Cruse charge for its services?*

You do not have to pay to talk to someone from Cruse, but Cruse is only able to offer its services freely due to the generosity of individuals and grant-making bodies. Donations are always welcomed.

- *Are there leaflets I can read?*

Cruse has a wide range of leaflets and books about bereavement. Please see the return slip attached.

- *Is Cruse a religious organisation?*

No, it welcomes people of all beliefs and none.

- *How do I contact Cruse Bereavement Care?*

Look for Cruse in the local telephone directory or contact Cruse's head office.

If there is no local number in your area you can phone the Helpline on 0870 167 1677.

If you would like to put someone who is bereaved in touch with Cruse please pass on one of these leaflets and encourage them to contact Cruse themselves.

*Call us on*  
**0870 167 1677**





**Head Office Details:**

Cruse Bereavement Care  
PO Box 800  
Richmond, Surrey  
TW9 1RG

**Telephone:** 020 8939 9530

**Fax:** 020 8940 1671

**Helpline:** 0844 447 9400

**Website:** [www.cruse.org.uk](http://www.cruse.org.uk)

**Email:** [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

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